

1. Mix flour and sugar together, stir in egg and milk and whisk until you have a smooth mixture.
2. Heat a frying pan or griddle if you have one. Add a small amount of oil to pan.
3. Pour or spoon a small amount of mixture into pan and cook until small bubbles appear on top of pancake. Care fully turn over pancake and cook for a few minutes Or until golden on both sides.
4. Top pancake with some fruit a spoon of yoghurt and then a sprinkle of coconut. For a more exotic taste add a small sprinkle of cinnamon.
5. Serve warm or cold.

120g self raising flour  
30g castor sugar  
1 egg, beaten  
150ml milk  
Vegetable oil  
tropical fruits, fresh or frozen  
Such as mango, papaya or  
bananas  
Natural yoghurt  
Toasted coconut  
Cinnamon (optional)

## EXOTIC FRUIT PANCAKES



### FOOD FACT:

The pancakes can be frozen and defrosted in microwave. These pancakes are a good way to get children to try new fruits.

Preparation time 5mins

Cooking time 5mins

Serves 4-6